



Hours of Operation

Community Centre

Monday-Friday 7:00 AM-10:00 PM
Saturday 8:30 AM-5:00 PM
**Front office closes 30 mins. prior to building closure*
Sunday 8:30 AM-9:30 PM
**Front office closes at 8:00 PM*

Fitness Centre

Monday-Friday 6:00 AM-10:00 PM
Saturday/Sunday 7:00 AM-8:00 PM
Statutory Holiday 7:00 AM-8:00 PM

Refund Policy

All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Requests for refunds must be received by phone or in-person to the Front Office at least:

- 2 days prior to the 3rd scheduled class,
- 2 days prior for workshops,
- 7 days prior for camps, luncheons and private lessons,
- 30 days prior for birthday parties for full refund less administrative fee, 14 days prior for 50% refund less administrative fee.

Financial Subsidies

Discounts are available on some programs at time of registration. Seniors over 65 may receive a 25% discount on adult programs. Patrons that qualify for the Vancouver Park Board's Leisure Access Program may receive a 50% on select programs.

If you are a senior and qualify for the Leisure Access program, any applicable discounts will be calculated based on the regular adult rate and not on the senior or youth rate.

The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

Proof Of Vaccination

- Entry into recreation centres does not require proof of vaccination, but will be required for some programs and activities.
- For a list of programs and activities that require proof of vaccination, visit: <https://vancouver.ca/files/cov/covid-proof-of-vaccine.pdf>
- Come prepared with your official proof of vaccination and government-issued photo ID.
- It is recommended that you arrive early for your activity in order to show proof of vaccination if required.
- For acceptable proof of vaccination and for all other information, visit: <https://www2.gov.bc.ca/vaccinecard.html>.

Communicable Disease Health & Safety Practices

- Participants are required to comply with the current Face Coverings Order of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- Registration and payment is required for most programs to help reduce the capacity to allow for physical distancing. Limited drop-ins may be permitted, depending on the facility.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

- **Special Events.....1**
- **Preschool.....2-3**
- **Children.....3-4**
- **Youth.....5**
- **Adults.....6-8**
- **Seniors.....9-10**
- **Ice Rink.....11**

SPECIAL EVENTS

Plastics Recycling Depot

Facilitator: Village Vancouver

Th Sep 16	6:00 PM-6:45 PM
Th Oct 14	6:00 PM-6:45 PM
Th Nov 18	6:00 PM-6:45 PM
Th Dec 16	6:00 PM-6:45 PM

Halloween Howl (2-7 yrs)

Su Oct 31	10:30 AM-12:30 PM
\$5/child	365959

Breakfast with Santa (All ages)

Sa Dec 18	
9:00 AM-10:00 AM	365968
11:00 AM-12:30 PM	365977
\$6/person	

Birthday Party Package (up to 8 yrs)

Every party includes:

- Staff to assist with setting up, cleaning up, and supervising equipment.
- 30 minutes before and after your party for set up and clean up.
- 60 minutes of play gym time, with toys and a large bouncy castle
- Access to a microwave and refrigerator.
- Prices of parties do not include snacks, food or activity leadership. Any food you bring must be pre-cooked.

Lobby Room Parties: 12:15-2:30 PM

Snowy's Lounge Parties: 1:30-3:45 PM

Sa Sep 25-Dec 11 \$160/party



PRESCHOOL

Music

Music Together (Birth- 5 yrs)

Instructor: Donalyn

W Sep 22-Dec 1 9:30 AM-10:15 AM
\$180/11 sess 368696
W Sep 22-Dec 1 10:30 AM-11:15 AM
\$180/11 sess 368813
W Sep 22-Dec 1 11:30 AM-12:15 PM
\$180/11 sess 368814

Music With Marnie Babies (2 mo-17 mo)

Instructor: Marnie Grey

Tu Sep 14-Oct 26 11:30 AM-12:00 PM
\$96/6 sess 367373
Tu Sep 14-Oct 26 12:15 PM-12:45 PM
\$96/6 sess 367374
Th Sep 16-Oct 28 11:30 AM-12:00 PM
\$96/6 sess 367375
Th Sep 16-Oct 28 12:15 PM-12:45 PM
\$96/6 sess 367376
Tu Nov 2-Dec 14 11:30 AM-12:00 PM
\$112/7 sess 367378
Tu Nov 2-Dec 14 12:15 PM-12:45 PM
\$112/7 sess 367379
Th Nov 4-Dec 16 11:30 AM-12:00 P
\$96/6 sess 367381
Th Nov 4-Dec 16 12:15 PM-12:45 PM
\$96/6 sess 367383

Music With Marnie Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

Tu Sep 14-Oct 26 9:30 AM-10:15 AM
\$108/6 sess 255879
Th Sep 16-Oct 28 9:30 AM-10:15 AM
\$108/6 sess 367396
Tu Nov 2-Dec 14 9:30 AM-10:15 AM
\$126/7 sess 367400
Th Nov 4-Dec 16 9:30 AM-10:15 AM
\$108/6 sess 367401

Music with Marnie - BeTweenies (12 mo-20 mo)

Instructor: Marnie Grey

Tu Sep 14-Oct 26 10:30 AM-11:15 AM
\$108/6 sess 367404
Tu Nov 2-Dec 14 10:30 AM-11:15 AM
\$126/7 sess 367407

Music with Marnie - Tots (2.5-5 yrs)

Instructor: Marnie Grey

Th Sep 16-Oct 28 10:30 AM-11:15 AM
\$108/7 sess 367408
Th Nov 4-Dec 16 10:30 AM-11:15 AM
\$108/7 sess 367412

Orff and Kodaly Music -Parent Participation (2-3 yrs)

Instructor: Tonia Allen

Sa Sep 25-Dec 4 10:00 AM-10:45 AM
\$95/10 sess 372688

Dance

Baby Dance (3 months-pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Sep 14-Nov 30 12:15 PM-12:55 PM
\$150/12 sess 371561

Parent and Tot Creative Dance (2-3 yrs)

Instructor: Lorraine White-Wilkinson

Tu Sep 14-Nov 30 10:30 AM-11:10 AM
\$150/12 sess 368434
Sa Sep 18-Dec 4 10:30 AM-11:10 AM
\$138/11 sess 368437

Pre-Ballet Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Tu Sep 14-Nov 30 9:30 AM-10:15 AM
\$150/12 sess 368432
Sa Sep 18-Dec 4 12:30 PM-1:15 PM
\$138/11 sess 368441

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 18-Dec 4 9:30 AM-10:15 AM
\$138/11 sess 368436

Pre-Ballet Creative Dance (4-5 yrs)

Instructor: Lorraine White-Wilkinson

Tu Sep 14-Nov 30 11:15 AM-12:00 PM
\$150/12 sess 368435

Pre-Ballet (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 18-Dec 4 11:30 AM-12:15 PM
\$138/11 sess 368438

Hip Hop Breakers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 20-Dec 6 10:00 AM-10:45 AM
\$143/11 sess 371593

Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 20-Dec 6 11:00 AM-11:45 AM
\$143/11 sess 371594

Mini Popstars (3-5 yrs)

Instructor: Rachel Beau

W Oct 20-Nov 24 10:00 AM-10:45 AM
\$90/6 sess 372606

Education

Beginner Baby Signing (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

Tu Sep 14-Oct 12 1:30 PM-2:00 PM
\$65/5 sess 371160
Tu Sep 14-Oct 12 2:30 PM-3:00 PM
\$65/5 sess 371164
Tu Nov 9-Dec 07 1:30 PM-2:00 PM
\$65/5 sess 371182

Baby Sing & Sign (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

At Home

Tu Sep 14-Oct 12 3:30 PM-4:00 PM
\$65/5 sess 371189

Animals

Tu Nov 9-Dec 7 2:30 PM-3:00 PM
\$65/5 sess 371215

On the Go

Tu Nov 9-Dec 7 3:30 PM-4:00 PM
\$65/5 sess 371216



Babysing Program (0-18 months)

Instructor: VPL Librarian

Learn rhymes, songs, bounces, fingerplays and stories with a VPL Librarian and other caregivers.

W Sep 29-Nov 17 10:15 AM-10:45 AM
Free/8 sess 368827
W Sep 29-Nov 17 11:15 AM-11:45 AM
Free/8 sess 368855

Family Storytime Program (0-5 yrs)

Instructor: VPL Staff

A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

M Sep 27-Nov 22 10:15 AM-10:45 AM
Free/8 sess 368851
M Sep 27-Nov 22 11:15 AM-11:45 AM
Free/8 sess 368852

Please register, no drop-ins.



PRESCHOOL

Sports

Sportball Junior (16-24 months)

Instructor: Sportball Vancouver
W Sep 15-Oct 27 10:30 AM-11:15 AM
\$128/7 sess 368161
W Nov 3-Dec 15 10:30 AM-11:15 AM
\$128/7 sess 368163

Sportball Parent and Child Multi Sport (2-3 yrs)

Instructor: Sportball Vancouver
M Sep 13-Oct 25 4:30 PM-5:15 PM
\$92/5 sess 368145
M Nov 1-Dec 13 4:30 PM-5:15 PM
\$128/7 sess 368148
W Sep 15-Oct 27 4:30 PM-5:15 PM
\$128/7 sess 368151
W Nov 3-Dec 15 4:30 PM-5:15 PM
\$128/7 sess 368152

Sportball Multi Sport (3-5 yrs)

Instructor: Sportball Vancouver
W Sep 15-Oct 27 11:15 AM-12:15 PM
\$128/7 sess 368158
W Nov 3-Dec 15 11:15 AM-12:15 PM
\$128/7 sess 368160

Sportball Outdoor Parent and Child T-Ball (2-3 yrs)

Instructor: Sportball Vancouver
Th Sep 16-Oct 14 5:15 PM-6:00 PM
\$92/5 sess 368316

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver
Th Sep 16-Oct 14 6:00 PM-7:00 PM
\$92/5 sess 368321

Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver
Sa Sep 11-Oct 16 9:30 AM-10:15 AM
\$92/5 sess 368266

Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver
Sa Sep 11-Oct 16 10:15 AM-11:15 AM
\$92/5 sess 368282

Parent and Tot Gym (1-5 yrs)

Tu Sep 21-Dec 14 9:30 AM-11:00 AM
Th Sep 23-Dec 16 10:30 AM-12:00 PM
Sa Sep 25-Dec 11 10:30 AM-12:00 PM
\$3/child

CHILDREN

Music

Orff and Kodaly Music (4-6 yrs)

Instructor: Tonia Allen
Sa Sep 25-Dec 4 11:00 AM-11:45 AM
\$95/10 sess 372689

Orff and Kodaly Music - Kindergarten/Grade 1 (5-7 yrs)

Instructor: Tonia Allen
Th Sep 23-Dec 2 3:45 PM-4:30 PM
\$95/10 sess 372690

Guitar For Beginners (8-12 yrs)

Instructor: Tonia Allen
Sa Sep 25-Dec 4 12:00 PM-12:45 PM
\$135/10 sess 372692

Guitar For Intermediates (8-13 yrs)

Instructor: Tonia Allen
Th Sep 23-Dec 2 4:45 PM-5:30 PM
\$135/10 sess 372695

Guitar For Advanced (11-16 yrs)

Instructor: Tonia Allen
Th Sep 23-Dec 2 5:45 PM-6:30 PM
\$135/10 sess 372697

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen
Tu Sep 14-Dec 14 3:10 PM-3:40 PM
\$308/14 sess 367324
Tu Sep 14-Dec 14 3:45 PM-4:15 PM
\$308/14 sess 367325
Tu Sep 14-Dec 14 4:20 PM-4:50 PM
\$308/14 sess 367326
Tu Sep 14-Dec 14 4:55 PM-5:25 PM
\$308/14 sess 367327
Tu Sep 14-Dec 14 5:30 PM-6:00 PM
\$308/14 sess 367328
Tu Sep 14-Dec 14 6:05 PM-6:35 PM
\$308/14 sess 367329
Tu Sep 14-Dec 14 6:40 PM-7:10 PM
\$308/14 sess 367330
F Sep 17-Dec 10 3:10 PM-3:40 PM
\$264/12 sess 367331
F Sep 17-Dec 10 3:45 PM-4:15 PM
\$264/12 sess 367335
F Sep 17-Dec 10 4:20 PM-4:50 PM
\$264/12 sess 367336
F Sep 17-Dec 10 4:55 PM-5:25 PM
\$264/12 sess 367337
F Sep 17-Dec 10 5:30 PM-6:00 PM
\$264/12 sess 367338
F Sep 17-Dec 10 6:05 PM-6:35 PM
\$264/12 sess 367339
F Sep 17-Dec 10 6:40 PM-7:10 PM
\$264/12 sess 367340

Violin (8+ yrs)

Instructor: Sophie Dassios
W Sep 15-Dec 1 4:00 PM-4:30 PM
\$258/12 sess 372708
W Sep 15-Dec 1 5:00 PM-5:30 PM
\$258/12 sess 372709
W Sep 15-Dec 1 6:00 PM-6:30 PM
\$258/12 sess 372710
Th Sep 16-Dec 2 5:00 PM-5:30 PM
\$258/12 sess 372711
Th Sep 16-Dec 2 5:35 PM-6:05 PM
\$258/12 sess 372712
Th Sep 16-Dec 2 6:30 PM-7:00 PM
\$258/12 sess 372713

Dance

Popstar Children (6-9 yrs)

Instructor: Rachel Beau
W Oct 20-Nov 24 3:45 PM-4:45 PM
\$90/6 sess 372718

Hip Hop Zumba Kids (5-7 yrs)

Instructor: Endorphin Rush Dance
M Sep 20-Dec 6 3:30 PM-4:15 PM
\$143/11 sess 371386

Hip Hop Zumba Kids (8-12 yrs)

Instructor: Endorphin Rush Dance
M Sep 20-Dec 6 4:30 PM-5:15 PM
\$143/11 sess 371584

Dance Extreme (7-12 yrs)

Instructor: Endorphin Rush Dance
Th Sep 16-Dec 2 4:00 PM-5:00 PM
\$143/11 sess 371586

Martial Arts

Taekwondo Beginner (5-7 yrs)

Instructor: Port Moody Taekwondo
M/W Sep 13-Dec 13 3:45 PM-4:25 PM
\$325/26 sess 369339

Taekwondo Beginner (8-12 yrs)

Instructor: Port Moody Taekwondo
M/W Sep 13-Dec 13 4:30-5:15 PM
\$325/26 sess 369347

Taekwondo Intermediate/Advanced (8-12 yrs)

Instructor: Port Moody Taekwondo
M/W Sep 13-Dec 13 5:20PM-6:05 PM
\$325/26 sess 369349



CHILDREN

Sports

Indoor Tennis: Mini Fundamentals (5-6 yrs)

Instructor: Summer Smash Tennis
Th Sep 16-Oct 21 3:30 PM-4:00 PM
\$90/6 sess 372826

Indoor Tennis: Junior Fundamentals (7-9 yrs)

Instructor: Summer Smash Tennis
Tu Sep 14-Dec 14 3:30 PM-4:30 PM
\$420/14 sess 371664

Indoor Tennis: Junior Aces (7-9 yrs)

Instructor: Summer Smash Tennis
Tu Sep 14-Dec 14 4:30 PM-5:30 PM
\$420/14 sess 372824

Indoor Tennis: Youth Aces (10-12 yrs)

Instructor: Summer Smash Tennis
Th Sep 16-Oct 21 4:00 PM-5:15 PM
\$225/6 sess 372828

Sportball Outdoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver
Sa Sep 11-Oct 16 11:15 AM-12:15 PM
\$92/5 sess 368297

Sportball Multi Sport (5-7 yrs)

Instructor: Sportball Vancouver
M Sep 13-Oct 25 3:30 PM-4:30 PM
\$92/5 sess 368132
M Nov 1-Dec 13 3:30 PM-4:30 PM
\$128/7 sess 368133

Sportball Indoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver
W Sep 15-Oct 27 3:30 PM-4:30 PM
\$128/7 sess 368164
W Nov 3-Dec 15 3:30 PM-4:30 PM
\$128/7 sess 368165

Fitness & Health

Koo Youth Fitness & Agility Training (5-7 yrs)

Instructor: Koofit Sports Performance
Th Oct 28-Dec 9 3:30 PM-4:15 PM
\$120/6 sess 372721

Koo Youth Fitness & Agility Training (8-12 yrs)

Instructor: Koofit Sports Performance
Th Oct 28-Dec 9 4:15 PM-5:15 PM
\$150/6 sess 372722

Creative Arts

Holiday Ornaments - Acrylic Paint Pouring Workshop (6-12 yrs)

Instructor: Valerie Ferrar
Su Dec 12 11:00 AM-12:00 PM
\$37/1 sess 371117

Day Camp

Kits Kids Winter Break Day Camp (6-12 yrs)

Camp Leader: Natalie Vermaas
M-F Dec 20-24 9:00 AM-3:00 PM
\$165/5 sess 368665

Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement.

While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 4 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room Use policy, speak with the front desk 604 257 6976.

Room Rentals

We have several rooms available to rent for meetings, parties, and personal special events.

Contact Natalia at 604-257-8607 or kcca.vancouver@gmail.com if you have any inquiries.

Snowy's Lounge 1824 sq. ft. 57 ft. x 32 ft. 100 people	Lobby Room 896 sq. ft. 32 ft x 28 ft 50 people	Dance Studio 792 sq. ft. 36f t x 22 ft 50 people	Gymnasium 4950 sq. ft. 90 ft x 55 ft 400 people
Multi-Purpose 1156 sq. ft. 34 ft x 34 ft 40 people	Board Room 308 sq. ft. 22 ft x 14 ft 18 people	Meeting Room 210 sq. ft. 15 ft x 14 ft 10 people	Maddie's Lounge 308 sq. ft. 22 ft x 14 ft 10 people



YOUTH

Pre-Teen Programs

Sick Snax: Pre-Teen Cooking

(10-12yrs/Grade 6-7)

M Oct 4-Dec 13 3:30 PM-5:30 PM
\$20/10 sess 372377

Pre-Teen Dungeons and Dragons (10-12yrs/Grade 6-7)

Th Sep 16-Oct 14 3:30 PM-5:30 PM
Free 372407

Th Oct 28-Dec 2 3:30 PM-5:30 PM
Free 372527

Pre-Teen Lounge (10-12 yrs/Grade 6-7)

Fr Sep 17-Dec 17 3:30PM-5:00PM
Free 372581

Teen Programs

Youth Cooking Night (13-18 yrs)

M Sep 15-Oct 6 5:45 PM-7:45PM
\$20/10 sess 368946

Youth Voice (Youth Council) (13-18 yrs)

Tu Sep 14-Dec 17 4:00pm-6:00pm
Free 372575

Homework Club (13-18 yrs)

Tu Sep 28-Dec 14 3:00 PM-4:00 PM
Free 368978

Youth International (13-18 yrs)

W Sep 15-Oct 6 3:00 PM-5:00PM
Free 372392

Youth Lounge (13-18 yrs)

Sep 10-Dec 17
Wed 3:00PM-7:00PM
Fri 5:00PM-9:30PM
Free

Alphabet Soup: An LGBTQ2S+ Youth Space (13-18 yrs)

Th Sep 16-Dec 17 5:30PM-7:30PM
Free 372580

Youth Dungeons and Dragons

Sa Sep 18-Oct 16 11:00AM-2:00PM
Free 372595
Sa Nov 20-Dec 18 11:00AM-2:00PM
Free 372596



Meet Katie, the
new Community
Youth Worker!
Katie loves video
games, reading,

biking, and camping. Drop by
the Youth Lounge and say hi!

**Got a program suggestion
or request? Send it to Katie at
katie.meredith@vancouver.ca
or call at 604-257-6991.**

Youth Night Open Gym (13-18 yrs)

Badminton

Fr Sep 10-Dec 17 3:30PM-5:30PM
Free 348295

Soccer

Fr Sep 10-Dec 17 5:30PM-7:30PM
Free 372592

Basketball

Fr Sep 10-Dec 17 7:30PM-9:30PM
Free 372593

All Youth Basketball Open Gym

Sa Sep 18-Dec 18 3:30 PM-5:00 PM
Free 372599

Youth Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Teen Cooking 3:30-5:30 PM	Homework Club (13-18 yrs) 3-4 PM	Youth International 3-5 PM	Pre-Teen Dungeons and Dragons (10-12 yrs) 3:30-5:30 PM	Open Gym (13-18 yrs) Badminton 3:30-5:30 PM Soccer 5:30-7:30 PM Basketball 7:30-9:30 PM	Youth Dungeon and Dragons (13-18 yrs) 11:00AM-2:00PM	
Youth Cooking Night (13-18 yrs) 5:45-7:45 PM	Youth Council (13-18 yrs) 4-6 PM	Youth Lounge Drop-In 3:00-7:00 PM	LGBTQ2S+ Youth Space (13-18 yrs) 5:30-7:30 PM	Youth Lounge Drop-In 5:00-9:00 PM	All Youth Open Gym 3:30-5:00 PM	

Activities subject to change. Please contact Katie at 604.257.6991 for more information.



ADULT (19+)

Seniors over 65 may receive a 25% on qualifying programs.

Creative Arts

NEW **Olive Oil Soap & Liquid Soaps for the Home**

Instructor: Cheryl Theilade
Tu Oct 26 6:30 PM-9:00 PM
\$57.58/1 sess 367147

NEW **Hemp Makes Scents - Using Organic Hemp Seed Oil**

Instructor: Cheryl Theilade
Tu Nov 16 6:30 PM-9:00 PM
\$56.58/1 sess 367146

NEW **Glass Holiday Balls - Acrylic Paint Pouring Workshop**

Instructor: Valerie Ferrar
Su Dec 12 1:30 PM-3:00 PM
\$52/person 371116

Education

Beginners Bridge - Level 1

Instructor: Glenda Affleck
Th Sep 23-Nov 18 6:30 PM-8:30 PM
\$88/8 sess 365418

Grow Your Own Microgreens

Instructor: Village Vancouver
F Nov 12 6:30 PM-8:30 PM
\$5.25/person 368507

Cool 'Hood Champs Sustainability / Climate Action Workshops

Su Oct 17 11:00 AM-1:00 PM
W Nov 3 6:00 PM-8:00 PM
Free 374189

Hands On Pasta Making

Su Oct 17 11:00 AM-1:45 PM
\$95/person 379988
Su Nov 3 11:00 AM-1:45 PM
\$95/person 380022
Su Dec 5 11:00 AM-1:45 PM
\$95/person 380023

Hands On Gnocchi Making

Su Nov 28 11:00 AM-1:45 PM
\$95/person 257895

Music

Beginner Ukulele

Instructor: Joseph Young
Level 1
Su Sep 19-Nov 28 10:30 AM-11:30 AM
\$90/10 sess 256027

Language

English Corner

Instructor: Fay Mottahed
Su Sep 12-Dec 12 7:00 PM-9:00 PM
\$3/11 sess 256088

NEW **Spanish for Beginners**

Instructor: Gloria Alonso
Level 1
Tu Sep 28-Dec 14 6:15 PM-7:45 PM
\$258/12 sess 368080
Level 2
Tu Sep 28-Dec 14 7:45 PM-9:15 PM
\$258/12 sess 368081

Social

Duplicate Bridge

Instructor: Carrie Beavington
Tu/F Sep 14-Dec 17 6:45 PM-9:45 PM
\$1.90/drop-in 364235

Kitsilano MS Support Group

Instructor: Daina Balodis
F Oct 1-Dec 17 1:00 PM-3:00 PM
Free 366032

Dance

Belly Dance Class

Instructor: Gail (Rahma) Haddad
Beginner - Free Trial
Su Sep 19-Sep 19 4:30 PM-6:00 PM
Free 364523

Beginner

Su Sep 26-Dec 12 4:30 PM-6:00 PM
\$117/10 sess 256029

Intermediate

Su Sep 19-Dec 12 6:00 PM-7:30 PM
\$128.70/11 sess 256030

Introduction to Ballet

Instructor: Sally Laing Hulme
Su Sep 19-Nov 28 1:00 PM-2:15 PM
\$95.80/10 sess 366385

Intermediate Ballet

Instructor: Sally Laing Hulme
Su Sep 19-Nov 28 2:30 PM-4:00 PM
\$115/10 sess 366386

Latin Funk Dance

Instructor: Gustavo Ferman
M Sep 20-Dec 6 8:00 PM-9:00 PM
\$143/11 sess 281032

Recreational Line Dancing

Instructor: Lisa Dong
Sa Sep 18-Dec 18 10:30 AM-12:00 PM
\$74.40/12 sess 258501

Fitness & Health

BeMoved

Instructor: Anita Siu
Wednesdays 1:00 PM-2:00 PM
Sep 8-Sep 29 364939
Oct 6-Oct 27 364940
Nov 3-Nov 24 364941
\$70/5 sess

CALLANETICS

Instructor: Linda Shedden
M Sep 20-Oct 25 7:45 PM-8:45 PM
\$75/5 sess 364507
M Nov 1-Dec 13 7:45 PM-8:45 PM
\$105/7 sess 364508

NEW **Morning Barre**

Instructor: Caroline MacGillivray
Th Sep 9-Dec 23 9:10 AM-10:10 AM
\$5.71/drop-in 364508

ZUMBA

Instructor: Zumba Vancouver (Kathy-Ann)
M Sep 13-Oct 25 6:45 PM-7:45 PM
\$68.75/5 sess 366415
M Nov 1-Dec 13 6:45 PM-7:45 PM
\$96.25/7 sess 366417

Instructor: Zumba Vancouver (Eric)

W Sep 8-Oct 27 6:45 PM-7:45 PM
\$110/8 sess 366418
W Nov 3-Dec 15 6:45 PM-7:45 PM
\$96.25/7 sess 366419

Stretch Therapy

Instructor: Rob Cole
Th Sep 16-Oct 21 7:15 PM-8:25 PM
\$150/6 sess 322870
Th Oct 28-Dec 9 7:15 PM-8:25 PM
\$150/7 sess 368821



Martial Arts

Qigong

Instructor: Kelly Maclean
Su Sep 12-Dec 12 9:30 AM-10:30 AM
\$208/13 sess 364853

Tai Chi

Instructor: Kelly Maclean
Traditional Yang Style - 108 Form Part I

Th Sep 9-Dec 9 6:00 PM-7:00 PM
\$208/13 sess 364908

Tai Chi Fan - 42 Form Part One

Th Sep 9-Dec 9 7:15 PM-8:15 PM
\$208/13 sess 364912

24 Form

Su Sep 12-Dec 12 10:45 AM-11:45 AM
\$208/13 sess 364855

Pilates & Yoga

NEW Mat Pilates

Instructor: Vienna Luke
M Nov 1-Dec 20 10:00 AM-11:00 AM
\$110/8 sess 371037

Chair Yoga

Instructor: Caroline MacGillivray
Tu Sep 21-Oct 26 9:10 AM-10:40 AM
\$96/6 sess 368508
Tu Nov 2-Oct 26 9:10 AM-10:40 AM
\$128/8 sess 372126

Creative Yoga

Instructor: Natalia Nimetz
Tu Sep 14-Oct 26 4:45 PM-6:15 PM
\$97.09/7 sess 366588
Tu Nov 2-Dec 14 4:45 PM-6:15 PM
\$97.09/7 sess 366591

Gentle Yoga

Instructor: Natalia Nimetz
F Sep 17-Oct 29 10:30 AM-12:00 PM
\$97.09/7 sess 366609
F Nov 5-Dec 17 10:30 AM-12:00 PM
\$97.09/7 sess 366614

NEW Hatha+Yin Yoga

Instructor: Pamela Ferman
M Sep 13-Oct 25 6:00 PM-7:15 PM
\$96/6 sess 365875
M Nov 1-Nov 29 6:00 PM-7:15 PM
\$80/5 sess 365876

NEW everyBODY Yoga with Klara

Instructor: Klara Kroupa
W Sep 8-Oct 20 6:30 PM-7:30 PM
\$98/7 sess 368514
W Oct 27-Dec 8 6:30 PM-7:30 PM
\$98/7 sess 368515

Iyengar Yoga with Luci

Instructor: Luci Yamamoto
Th Sep 9-Nov 4 10:30 AM-12:00 PM
\$175/7 sess 364177
Th Nov 25-Dec 16 10:30 AM-12:00 PM
\$100/4 sess 364178
Su Sep 12-Oct 31 9:00 AM-10:30 AM
\$150/6 sess 364179
Su Nov 21-Dec 19 9:00 AM-10:30 AM
\$125/5 sess 368162

Iyengar Yoga Monthly Tune-Up

Instructor: Luci Yamamoto
Sa Sep 18 2:00 PM-4:00 PM
\$36/person 364195
Sa Oct 30 2:00 PM-4:00 PM
\$36/person 364196
Sa Dec 11 2:00 PM-4:00 PM
\$36/person 364197

NEW The Goddess Within Workshop

Instructor: Alannah Lori
Sa Oct 23 2:00 PM-3:30 PM
\$15/person 259735

NEW Vinyasa Flow Yoga

Instructor: Nadine Agosti
Tu Oct 5 6:30 PM-7:30 PM
Free Trial Class 369092
Tu Oct 12-Nov 9 6:30 PM-7:30 PM
\$80/5 sess 369094
Tu Nov 16-Dec 14 6:30 PM-7:30 PM
\$80/5 sess 369096

Yoga4Stiff Guys - All Levels

Instructor: Yoga 4StiffPeople
W Sep 15-Oct 27 3:45 PM-4:45 PM
\$98/7 sess 367387
W Nov 3-Dec 15 3:45 PM-4:45 PM
\$98/7 sess 367388
Th Sep 16-Oct 28 4:45 PM-5:45 PM
\$98/7 sess 367389
Th Nov 4-Dec 16 4:45 PM-5:45 PM
\$84/6 sess 367390

NEW Prenatal Partner Workshop

Instructor: Brenlie Nagy
Sa Sep 25 2:00 PM-5:00 PM
\$75/person 365885

Prenatal Yoga

Instructor: Liza Randolph Hunwick
Tu Sep 14-Oct 26 6:15 PM-7:30 PM
\$113.33/7 sess 371107
Tu Nov 16-Dec 14 6:15 PM-7:30 PM
\$80.95/5 sess 371109

Instructor: Brenlie Nagy

W Sep 8-Sep 29 6:00 PM-7:00 PM
\$64/4 sess 365584
W Oct 6-Oct 27 6:00 PM-7:00 PM
\$64/4 sess 365585
W Nov 3-Dec 15 6:00 PM-7:00 PM
\$112/7 sess 365586
Sa Sep 11-Oct 2 9:00 AM-10:00 AM
\$64/4 sess 365581
Sa Oct 16-Nov 6 10:00 AM-11:00 AM
\$64/4 sess 365582
Sa Nov 13-Dec 11 10:00 AM-11:00 AM
\$80/5 sess 365583

Baby & Me Yoga

Instructor: Brenlie Nagy
W Nov 3-Dec 15 12:30 PM-1:30 PM
\$112/7 sess 365571
W Oct 6-Oct 27 12:30 PM-1:30 PM
\$64/4 sess 365572
W Sep 8-Sep 29 12:30 PM-1:30 PM
\$64/4 sess 365573

Instructor: Liza Randolph Hunwick

Th Sep 16-Oct 28 12:30 PM-1:30 PM
\$113.33/7 sess 371111
Th Nov 18-Dec 23 12:30 PM-1:30 PM
\$64.76/4 sess 371115

Instructor: Brenlie Nagy

F Sep 10-Oct 1 12:30 PM-1:30 PM
\$64/4 sess 365574
F Oct 8-Oct 29 12:30 PM-1:30 PM
\$64/4 sess 365575
F Nov 12-Dec 17 12:30 PM-1:30 PM
\$96/6 sess 365576

NEW My Time Yoga for Moms

Instructor: Brenlie Nagy
Sa Sep 11-Oct 2 10:30 AM-11:30 AM
\$64/4 sess 365886
Sa Oct 16-Nov 6 11:30 AM-12:30 PM
\$64/4 sess 365887
Sa Nov 13-Dec 11 11:30 AM-12:30 PM
\$80/5 sess 365888

NEW Loving Touch: Infant Massage & Development Workshop

Instructor: Brenlie Nagy
Tu Sep 21 12:30 PM-1:30 PM
\$40/person 327117



Sports

Please note: Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

Drop-ins: To be put on the waitlist, please call the Front Office starting at 8:15AM on game day (8:30AM on Sunday). 604-257-6976

Badminton - All Levels

Instructor: No Instructor

W Sep 8-Sep 29	8:00 PM-10:00 PM	\$20/4 sess	365836
W Oct 6-Oct 27	8:00 PM-10:00 PM	\$20/4 sess	365837
W Nov 3-Nov 24	8:00 PM-10:00 PM	\$20/4 sess	365838
W Dec 1-Dec 22	8:00 PM-10:00 PM	\$20/4 sess	365839

Pickleball - All Levels

Instructor: No Instructor

*M Sep 13-Sep 27	11:45 AM-1:45 PM	\$10/2 sess	372141
M Oct 4-Oct 25	11:45 AM-1:45 PM	\$15/3 sess	372142
M Nov 1-Nov 29	11:45 AM-1:45 PM	\$25/5 sess	372143
M Dec 6-Dec 20	11:45 AM-1:45 PM	\$15/3 sess	372144
Th Sep 9-Sep 30	8:00 PM-10:00 PM	\$20/4 sess	365841
Th Oct 7-Oct 28	8:00 PM-10:00 PM	\$20/4 sess	365842
Th Nov 4-Nov 25	8:00 PM-10:00 PM	\$15/3 sess	365843
Th Dec 2-Dec 23	8:00 PM-10:00 PM	\$20/4 sess	365844

Soccer

Instructor: No Instructor

Recreational (19+ yrs)

*M Sep 13-Sep 27	8:00 PM-10:00 PM	\$12/2 sess	365774
M Oct 4-Oct 25	8:00 PM-10:00 PM	\$18/3 sess	365775
M Nov 1-Nov 29	8:00 PM-10:00 PM	\$30/5 sess	365777
M Dec 6-Dec 20	8:00 PM-10:00 PM	\$18/3 sess	365780

Masters (40+ yrs)

Tu Sep 7-Sep 28	6:00 PM-7:45 PM	\$17.5/4 sess	365787
Tu Oct 5-Oct 26	6:00 PM-7:45 PM	\$17.5/4 sess	365789
Tu Nov 2-Nov 30	6:00 PM-7:45 PM	\$21.88/5 sess	365790
Tu Dec 7-Dec 21	6:00 PM-7:45 PM	\$13.13/3 sess	365792

Women's Recreational (19+ yrs)

Su Sep 12-Sep 26	12:30 PM-2:30 PM	\$15/3 sess	366082
Su Oct 3-Oct 24	12:30 PM-2:30 PM	\$20/4 sess	366083
Su Nov 7-Nov 28	12:30 PM-2:30 PM	\$20/4 sess	366084
Su Dec 5-Dec 19	12:30 PM-2:30 PM	\$15/3 sess	366085

Volleyball - Recreational

Instructor: No Instructor

Tu Sep 7-Sep 28	8:00 PM-10:00 PM	\$20/4 sess	365829
Tu Oct 5-Oct 26	8:00 PM-10:00 PM	\$20/4 sess	365830
Tu Nov 2-Nov 30	8:00 PM-10:00 PM	\$25/5 sess	365831
Tu Dec 7-Dec 21	8:00 PM-10:00 PM	\$15/3 sess	365832

*Pickleball and Soccer on Mon, Sep 20 will not run due to Federal Elections in Gymnasium.

NEW Group Table Tennis

Instructor: Non Instructional

Th Sep 9-Sep 30	7:00 PM-10:00 PM	\$15/3 sess	372064
Th Oct 7-Oct 28	7:00 PM-10:00 PM	\$15/3 sess	372065
Th Nov 4-Nov 25	7:00 PM-10:00 PM	\$10/2 sess	372066
Th Dec 2-Dec 23	7:00 PM-10:00 PM	\$15/3 sess	372067
F Sep 10-Sep 24	9:30 AM-12:30 PM	\$15/3 sess	366289
F Oct 1-Oct 29	9:30 AM-12:30 PM	\$25/5 sess	366290
F Nov 5-Nov 26	9:30 AM-12:30 PM	\$20/4 sess	366291
F Dec 3-Dec 17	9:30 AM-12:30 PM	\$15/3 sess	366292

KBL Co-Ed Basketball League

Instructor: Biraj Bora

Looking for a team? See Activity # 368573

Su Sep 19-Jan 23	3:00 PM-9:30 PM	\$77/player	368560
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Instructional Sports

NEW Indoor Tennis

Instructor: Summer Smash Tennis

Beginner Clinic

Su Sep 19-Dec 19	10:30 AM-12:00 PM	\$594.29/13 sess	371391
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Intermediate Clinic

F Sep 17-Dec 17	11:45 AM-1:15 PM	\$630/14 sess	371387
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Pickleball Lessons

Instructor: Mona Lee

Beginners - Learn to Play

Tu Sep 14-Oct 26	1:30 PM-3:00 PM	\$140/7 sess	366104
Tu Nov 2-Dec 14	1:30 PM-3:00 PM	\$140/7 sess	366105

Intermediate - Skills and Drills

F Sep 17-Oct 29	1:30 PM-3:00 PM	\$140/7 sess	366107
F Nov 5-Dec 17	1:30 PM-3:00 PM	\$140/7 sess	366109

Table Tennis

Table Tennis is available when the Multi-Purpose Room is not being used for scheduled classes or rentals, on a first-come, first-served basis. Participants will need a Casual Room Use loaded onto their OneCard. A ball and paddles may be provided by leaving your OneCard at the Front Office. Maximum time per group is 2 hours, unless another group is waiting (time will be reduced to 1 hour), or a program/rental is scheduled. Call 604.257.6967 on the day you wish to play to inquire about room availability.



Group Fitness Class Schedule Sep 7-Dec 23, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM Indira	Active Stretch 8:00-9:00 AM Caroline	Gentle Fit 9:00-10:00 AM Audrey	Classic Stretch 8:00-9:00 AM Caroline	Step Interval 9:00-10:00 AM Rilla	Classic Stretch 8:45-9:45 AM Caroline	Tabata & Stretch 9:00-10:00 AM Sarah
Gentle Fit 10:15-11:15 AM Audrey			Core and Balance 9:00-10:00 AM Indira	Classic Stretch 9:15-10:15 AM Sharon	<p>Note: Schedule and fees are subject to change.</p> <p>Classes with insufficient attendance will be subject to cancellation.</p> <p>Classes are cancelled on Statutory Holidays.</p>	
No session Mon, Sep 20 (Federal Elections)			Morning Barre 9:10-10:10 AM Caroline	Gentle Fit 10:15-11:15 AM Berdjjs		
Core Strength Plus 5:30-6:30 PM Indira		TBA 5:30-6:30 PM TBA	Cardio Circuit 5:30-6:30 PM Indira			
Class		Description				
Mild	Gentle Fit	Perfect for beginners, those returning to fitness or recovering for an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.				
	Classic Stretch	This no cardio class will focus on increasing flexibility and calming the mind.				
Moderate	Active Stretch	Start your day off with a yawn and stretch! We will explore different types of stretching. Classes will include proprioceptive neuromuscular facilitation (PNF), dynamic & static stretching to build strength and flexibility.				
	Core Strength Plus	Get those untrained muscles back into shape! Primary focus is on core exercises for lower back and abdominals. Class has some short cardio intervals.				
Moderate to Challenging	Core and Balance	Core and more core, toning, strengthening and balance using your body weights and free weights. This class incorporates functional training to help daily movements and improve balance.				
	Cardio Circuit	The ultimate cardio combination class. A mix of high/low power moves on the floor, followed by circuit training stations and some Tabata thrown in for good measure.				
	Cardio Interval	A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.				
	Morning Barre	Are you ready to get sweaty? This class fuses ballet, barre, Pilates and yoga together for a strengthening & lengthening workout! This all levels class is a fun workout with great music!				
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.				
	Tabata & Stretch	Get ready to move with bursts of cardio combined with resistance band strength training using your own body weight. Work at your own pace. Stretch to follow.				
Fees - FitCard allows unlimited number of classes on schedule above						
Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
Prices does not include GST; Seniors 65+ receive a 25% discount on posted prices						



SENIORS

Movement Based Fitness

NEW **ActivAge (65+)**

Instructor: Keiko Murakami
W Sep 22-Dec 8 1:40 PM-2:40 PM
Free 366831

Chair Yoga

Instructor: Caroline MacGillivray
Tu Sep 21-Oct 26 9:10 AM-10:40 AM
\$96/6 sess 368508
Tu Nov 2-Oct 26 9:10 AM-10:40 AM
\$128/8 sess 372126

NEW **Choose to Move (65+)**

Instructor: Keiko Murakami
W Sep 22-Dec 22 12:30-1:30 PM
Free 366822

Gentle Yoga

Instructor: Natalia Nimetz
F Sep 17-Oct 29 10:30 AM-12:00 PM
\$97.09/7 sess 366609
F Nov 5-Dec 17 10:30 AM-12:00 PM
\$97.09/7 sess 366614

NEW **Seniors Yoga (55+)**

Instructor: Nadine Agosti
M Sep 13-Oct 4 1:00 PM-2:00 PM
\$60/4 sess 369083
M Oct 18-Nov 8 1:00 PM-2:00 PM
\$60/4 sess 369088
M Nov 15-Dec 13 1:00 PM-2:00 PM
\$75/5 sess 369089

Zumba Gold – Beginners/Seniors

Instructor: Zumba Vancouver (Denise)
Th Sep 9-Oct 28 1:00 PM-2:00 PM
\$96/8 sess 366407
Th Nov 4-Dec 16 1:00 PM-2:00 PM
\$72/6 sess 366411

Education

NEW **Foundations of Investment**

Instructor: Aidan Ryan
F Oct 15 11:00 AM-12:30 PM
Free 367699

NEW **Kitsilano Community Police-
Fraud Prevention**

Instructor: Kitsilano Community Police
F Oct 22 1:00 PM-2:30 PM
Free 371516

NEW **Stocks: The Nuts and Bolts**

Instructor: Aidan Ryan
F Oct 29 11:00 AM-12:30 PM
Free 367705

NEW **Legacy Planning**

Instructor: Aidan Ryan
F Nov 12 11:00 AM-12:30 PM
Free 367708

NEW **Kitsilano Community Police-
Nighttime Safety**

Instructor: Kitsilano Community Police
F Nov 19 3:30 PM-5:00 PM
Free 371519

NEW **Make Your Money last: 10
Principles for Living in
Retirement**

Instructor: Aidan Ryan
F Nov 26 11:00 AM-12:30 PM
Free 367709

NEW **Investment Coffee Club**

Instructor: Aidan Ryan
F Dec 3 11:00 AM-12:30 PM
Free 367710

Social

Kitsilano Book Club

Facilitator: Nona Thompson
W Sep 15/Oct 13/Nov 10/Dec 8
3:30 PM-5:00 PM Free
372363

Senior's Monthly Social

12:00 PM-1:30 PM
F Sep 24 372453
F Oct 8 367689
F Nov 5 367690
F Dec 3 367691
FREE

Multicultural Events - October

Peru: Presentation

W Oct 6 1:00 PM-2:30 PM
\$3.81/person 367014

Peru: Dance Class

W Oct 13 1:00 PM-2:30 PM
\$3.81/person 367015

Peru: Cooking Class

W Oct 20 1:00 PM-2:30 PM
\$4.75/person 367016

Peru: Luncheon

W Oct 27 12:30 PM-3:00 PM
\$9.52/person 367017

Multicultural Events - November

Italy: Presentation

W Nov 3 1:00 PM-2:30 PM
\$3.81/person 367684

Italy: Dance Class

W Nov 10 1:00 PM-2:30 PM
\$3.81/person 367685

Italy: Cooking Class

W Nov 17 1:00 PM-2:30 PM
\$4.75/person 367687

Italy: Luncheon

W Nov 24 12:30 PM-3:00 PM
\$9.52/person 367688

Multicultural Events - December

NEW **Multicultural - Holiday High
Tea**

W Dec 1 12:30 PM-3:00 PM
\$3.81/person 372440

NEW **Older Adult Holiday Movie
Night**

W Dec 8 12:30 PM-3:00 PM
\$3.81/person 372150

Multicultural - Festival of Lights: Luncheon

W Dec 15 12:30 PM-3:00 PM
\$9.52/person 372146



Artist in Residence - The Art & Fungi Project

Join the Art & Fungi Project, a living laboratory where everyone is invited to participate in fun activities and create artwork inspired by fungi and their many ecological roles that help to shape and connect our world.

This project is led by Willoughby Arevalo, a mycologist, visual artist, and kitchen wizard, and Isabelle Kirouac, an interdisciplinary choreographer and movement educator. We will use our senses to connect with each other and with nature; walking, cooking, moving, drawing, writing, talking, mapping, gardening, playing, and much more. The land informs our bodies, and our bodies inform the land. We strive to emulate the fungi, whose mycelia create vast underground networks that interconnect beings across ecosystems to facilitate communication and exchange.

Through creating art that emerges from our encounters with fungal life, we strive to be active participants in our ecosystem, learning, listening, and responding to it. *Keep up to date on their activities here: <https://artandfungi.org/>*

Forest Movement Practice

F Sep 17 10:00 AM-12:00 PM
Free 368574

Sound Walk &

Biosonification Concert

Su Sep 19 4:30 PM-6:30 PM
Free 368552

Mushroom & Art Walk

F Oct 8 4:00 PM-6:00 PM
Free 368575

Fungi Olfactory Play

F Oct 22 4:30 PM-6:30 PM
Free 368576

Mushroom Cooking

W Nov 3 4:30 PM-7:30 PM
Free 368577

Needle Felted Mushrooms

F Nov 12 10:00 AM-12:00 PM
Free 368579

Mushroom Lantern Making

Su Dec 5 10:00 AM-4:00 PM
Free 368582

Project Celebration

F Dec 10 4:00 PM-6:00 PM
Free 368587

Kitsilano Rink

Learn To Skate Lessons

Lesson times – Schedule will be viewable online 2 weeks prior to registration.

- Thursday between 10 and 11:45 AM
- Saturday between 2:00 PM and 5:30 PM

Registration

Set 1: Friday, September 10 @ 7 PM

Set 2: Friday, November 5 @ 7 PM

Lessons Run

Set 1: Sep 25-Nov 4

Set 2: Nov 6-Dec 16

Rink Rentals

Inquiries to rent the ice rink can be requested through the City of Vancouver website, or by emailing pbrinks@vancouver.ca

Public Skating Sessions

All sessions will be drop-ins, with the exception of Public Figure Skating, Public Adult Hockey and Adult Stick, Puck & Ring. *These sessions will be open for registration 3 days prior at 12 PM.

Tuesday

Public Figure Skating*

10:00 AM-11:30 AM

*Pre-reg required 3 days prior

Public Adult Hockey*

11:45 AM-1:30 PM

*Pre-reg required 3 days prior

Wednesday

50 & Better Skate

10:00 AM - 11:30 AM

Adult Stick, Puck & Ring*

11:45 AM-1:30 PM

*Pre-reg required 3 days prior

Discount Skate

3:15 PM-4:45 PM

Family Fun Hockey

7:00 PM-7:30 PM

Public Skate

7:30 PM-9:00 PM

Public Skate

9:15 PM-10:30 PM

Thursday

Parent & Preschooler Skate

10:00 AM-11:30 AM

Public Skate

11:45 AM-1:15 PM

Friday

50 & Better Skate

10:00 AM - 11:30 AM

Public Adult Hockey*

11:45 AM-1:30 PM

*Pre-reg required 3 days prior

Public Skate

6:30 PM-8:30 PM

Adult Skate

8:45 PM-10:00 PM

Saturday

Public Skate

12:15 PM-1:45 PM

Sunday

Parent & Preschooler Skate

10:45 AM-11:45 AM

Family Fun Hockey

11:45 AM-12:45 PM

Public Skate

1:00 PM-2:15 PM



**Fitness
Centre**

Fitness Centre

Monday-Friday 6:00 AM-10:00 PM
Saturday/Sunday 7:00 AM-8:00 PM
Statutory Holiday 7:00 AM-8:00 PM

**When the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground*

Due to COVID-19 safety measures, we have reduced and spaced apart our equipment to the following pieces:

- 3 indoor spin bicycles (Keiser)
- 4 indoor bicycles, upright position
- 4 indoor bicycles, recumbent position
- 8 walk/run treadmills
- 7 elliptical walk/run/step machines
- 4 step/climb machines
- 2 walk/run/step/climb adjusting machines (AMT Precor)
- 4 rowing machines (Concept2)
- Free weights and benches
- 1 machine for adapted fitness (SCIFIT)
- Strength-training machines for upper and lower body (LifeFitness, APEX, and Technogym)
- Functional training props

i *Minimum age*

You need to be 13 years and older to use a fitness centre operated by the Park Board.

Single-visit admission fees

Type	Price
Adult (19-64 years)	\$6.34
Youth (13-18 years)	\$4.44
Senior (65+ years)	\$4.44
<i>Prices do not include tax.</i>	

10-visit pass fees

Type	10 visits
Adult (19-64 years)	\$53.26
Youth (13-18 years)	\$37.28
Senior (65+ years)	\$37.28
<i>Prices do not include tax.</i>	

i This pass is not accepted at Hastings, Kerrisdale, Killarney, and Sunset fitness centres.

Flexipass monthly pass fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$49.01	\$132.33	\$423.45
Youth (13-18 yrs)	\$34.31	\$92.63	\$296.42
Senior (65+ yrs)	\$34.31	\$92.63	\$296.42
<i>Prices do not include tax.</i>			

Proof of Vaccination

As of September 13, 2021

- Entry into recreation centres does not require proof of vaccination, but will be required for the Fitness Centre.
- Come prepared with your official proof of vaccination and government-issued photo ID.
- For acceptable proof of vaccination and for all other information, visit: <https://www2.gov.bc.ca/vaccinecard.html>
- It is recommended that you arrive early for your workout as we assist other patrons.